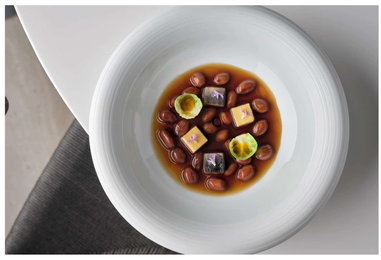
Cacaus del Collaret peanut stew with foie gras and smoked eel

by Quique Dacosta



Main | Challenging | 50

6 hours plus time for desalting the tripa de bacalao, cooking the peanuts, eel and stock, and freezing the foie gras royale

This peanut stew by Chef Quique Dacosta is made with a rare local peanut called cacau del collaret. Although the peanut is often used in sweet dishes like Valencian nougat, here Dacosta serves it in a deeply savoury broth made form a mixture of veal, chicken and eel. Be sure to use the garlic oil within two days, and keep it in the fridge.

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Ingredients

METRIC | IMPERIAL

CACAUS DEL COLLARET PEANUT STEW

600g of peanuts, raw, ideally cacau del collaret peanuts
1.5l water
30g of salt

COOKED EEL SKIN

eel, ideally large, fresh silver eels
cane sugar
salt
smoked oil

ALBUFERO-STYLE PUCHERO (STEW)

8 brown onions, roughly chopped
12 red bell peppers, roughly chopped
16 carrots, toasted in the oven, in several Gastronorms
2kg bacon, diced
olive oil
40 garlic cloves, peeled and crushed
8 cayenne peppers, chopped
120g of agridulce pimentón de La Vera (bittersweet Spanish paprika)
4 tomatoes, roughly chopped
500g of tomato sauce
4kg chicken, chopped up into pieces
4kg veal shank, deglazed and roasted in the oven, then diced
12l cooking water, leftover from the peanut stew
1kg white beans, roughly 4 jars of beans
40l water
4kg jamón bones, blanched
2kg veal tendons, blanched
800g of tripa de bacalao (cod sounds or swim bladder), desalted and chopped
2kg smoked eel, leftover from the smoked eel cube e.g. heads, bones and skin
4kg eel, leftovers from making eel skin e.g heads, bones and meat
4kg kabayaki sauce
240g of fresh rosemary
xanthan gum
red food colouring

FOIE GRAS ROYALE

90g of water
70g of single cream
2g of agar agar
0.5g of xanthan gum
150g of foie gras
1 sheet of oblate
gold dust

SPICY GARLIC OIL

180g of chilli oil
25g of garlic cloves, peeled and sliced
4g of dried chipotle chillies, seeds removed and sliced

GARNISH

1 handful of Brussels sprout leaves, blanched
1 pinch of rosemary flowers

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Equipment

OCOO pressure double boiler
Sous vide equipment
Vac-pac bags
Squeezy bottle

Method

1. Carefully shell the peanuts. Make sure to select only the ones that aren't damaged

   600g of peanuts, raw, ideally cacau del collaret peanuts

2. Mix the salt and water together. Put everything in the OCOO. Cover the surface with a baking paper disc

   30g of salt
   1.5l water

3. Cook in the OCOO for 7 hours on the black egg programme. Without opening the OCOO, leave everything to stand for at least another 3 hours
4. Remove and strain the mixture through a coarse strainer, taking care not to break the peanuts apart. Save the cooking water for the stock later on
5. Wash the peanuts in a 2% brine solution (20g salt per litre of water)
6. Vacuum-pack the peanuts in more brine, about 100g peanuts per bag
7. Next, cut off the head and tail off the eels and bleed them in salted ice water. Reserve the head and tail for stock

   eel, ideally large, fresh silver eels

8. Remove the bones from the eels without separating the two eel loins. Reserve the bones for stock
9. Cure the loins for 40 minutes with a mixture that is 2 parts salt to 1 part sugar

   salt
   cane sugar

10. Rinse and dry the cured eel, and then cold smoke them
11. Vac pack the smoked eel with a little smoked sunflower oil

    smoked oil

12. Cook the eel for 4 hours in a sous vide at 64°C
13. Cool the cooked, smoked eel quickly in icy water
14. Once cold, remove the meat and keep the skins clean
15. Remove the skin from the smoked eel and then re-cover the cleaned loin with cooked eel skin
16. Making sure that the skin is completely covering it, vacuum pack the eel fillet
17. Cook the eel at 65°C in a sous vide for 15 minutes. Cool it down in ice water
18. Cut the cooled eel into 1x1cm cubes. Set aside in the fridge
19. Before serving, heat up to 120°C in the oven on a covered plate
20. Preheat the oven to 250°C
21. Roast the onions, red bell peppers and carrots until coloured in the oven in several large trays

    8 brown onions, roughly chopped
    12 red bell peppers, roughly chopped
    16 carrots, toasted in the oven, in several Gastronorms

22. Fry the bacon in olive oil until golden brown

    2kg bacon, diced
    olive oil

23. Add the garlic and the cayenne pepper then the roasted vegetables and brown further

    40 garlic cloves, peeled and crushed
    8 cayenne peppers, chopped

24. Add the pimentón, chopped tomatoes, tomato sauce, chicken, the veal shank with the deglazing liquid, 12 litres of peanut stock, 40 litres of water, ham bones, blanched veal tendons, tripa de bacalao, 2 kg eel heads, bones and skin leftover from the smoked eel and 4kg unsmoked eel meat, bones and heads

    120g of agridulce pimentón de La Vera (bittersweet Spanish paprika)
    4 tomatoes, roughly chopped
    500g of tomato sauce
    4kg chicken, chopped up into pieces
    4kg veal shank, deglazed and roasted in the oven, then diced
    40l water
    4kg jamón bones, blanched
    2kg veal tendons, blanched
    800g of tripa de bacalao (cod sounds or swim bladder), desalted and chopped
    4kg eel, leftovers from making eel skin e.g heads, bones and meat
    1kg white beans, roughly 4 jars of beans

25. Bring to the boil, and then add the Japanese eel sauce (kabayaki). Cook over a medium-low heat for 4-5 hours. During the last 20 minutes, add the fresh rosemary

    4kg kabayaki sauce
    240g of fresh rosemary

26. Leave to rest and then strain everything out. Adjust seasoning to taste
27. To serve, blend the sauce gently with the 2.6g xanthan gum and 1 g of liquid red colouring per litre, then bring it to the boil. Let stand to remove any air

    xanthan gum
    red food colouring

28. Keep a few ladles of the broth warm in two pots. Use one pot to warm the peanuts, and use the other as sauce
29. For the foie gras, boil the water and the cream with the agar and blend in a blender with the xanthan gum. Once it has cooled to around 70°C, emulsify in the foie gras

    90g of water
    70g of single cream
    2g of agar agar
    150g of foie gras

30. Pour onto a plate and leave to set for at least 2 hours in the freezer
31. Place a slice of oblate on top and paint with gold dust. Cut into 1x1cm cubes

    1 sheet of oblate
    gold dust

32. Before serving, heat the cubes on a covered plate at 100°C in the oven
33. For the hot garlic oil, mix everything in a pan and heat gradually until it begins to brown

    180g of chilli oil
    25g of garlic cloves, peeled and sliced
    4g of dried chipotle chillies, seeds removed and sliced

34. Remove from the heat and leave it to infuse. Strain, then and pour into bottles
35. To serve, arrange 2 cubes of smoked eel and 2 cubes of foie gras royale on the bottom of each hot plate
36. Add 20g of the Cacau beans that have been heated in the stock along with 35g broth. Place Brussels sprout leaves and rosemary flowers on each eel cube, then finish with 6 drops of the hot garlic oil

    1 handful of Brussels sprout leaves, blanched
    1 pinch of rosemary flowers

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Quique Dacosta

A driving force behind produce-led dining in the autonomous community of Valencia, Quique Dacosta has revolutionised the region's dining scene, and is now spreading his influence further afield.

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